

DANCE FEVER Students of Kagitan Tomas Monteverde Elementary School in Davao City give it all they've got at the Inday-Inday sa Kadakusan. As many as 21 other groups from all over Mindanao took part in the street dancing competition that is a highlight of the annual Kadakusan Festival.

Ping told: Come home

With passport canceled, Ping's world is getting smaller

Institute of Integrity:
Nene pursues lifelong dream

By Winston A. Mariella
Contributor

IN HIS QUEST for the presidency, President Aquino captured the hearts of the people with these words: "There are no people where there are no corrupt public officials."

In his first address to Congress, he expressed a national yearning: "None can dream again."

Aquino Pineda Jr. has begun to make one dream come true.

It is hard to imagine Pineda in retirement. After four decades, the gentle reminder from Macadans is ending his career in public service. Now in private life, he lives for a consuming passion—making a lifelong dream of honest public officials come true.



TYNEN AND NOW Sarah Balabagan has come a long way from the girl who returned to her motherland after evading the death penalty in UAE.

By Nikko Diaz and Christian K. Eguerra

WITH NO passport to use to hop from one country to another, the world has gotten smaller for Sen. Panfilo "Ping" Lacson.

The fugitive senator, who is wanted in connection with the November 2009 murder of public relations man Salvador "Buboy" Dacanay and his driver Konstantino "Buboy" Dacanay, has to recourse but to turn himself in.

"He has much lesser options now or none at all except to surrender and face the charges. It's time to face the music, recognize the authority of a competent court trying the case, and prove his innocence, if at all," De Lima said in a text message to the business when asked to comment on the cancellation of Lacson's regular and diplomatic passports.

Missing bank exec had taste for high life, 'new shiny things'

By Alvin Papa and Jeannette L. Andrade

THE BANK OFFICIAL reported to have made off with at least P500 million in deposits of mostly Chinese Filipino clients is said to enjoy the high life.

Francis Reyes Ang, who has been relieved of his post as assistant vice president

of Citibank's Citigold wealth management unit, is "addicted to new and shiny things," according to a subordinate at Nasser School.

"Maybe he got a taste of the high life, liked it, but found he couldn't afford it. So this is what he did," said the subordinate who asked not to be named for security reasons.

Lacson managed to flee the country on Jan. 5 to avoid what he termed as prosecution by the administration of then President Gloria Macapagal-Arroyo.

Macapagal yesterday called on him to return to the country to prove his claims.

PHOTO BY

PHOTO BY

PHOTO BY

PHOTO BY

Sarah Balabagan: The next chapter

By Monica Peris
Global Privacy Editor

SARAH BALABAGAN is working overseas again and looks forward to one day returning to the Middle East.

More than 10 years ago, Sarah made headlines when, as an underage Muslim girl from Maguindanao, she was recruited to work in the United Arab

Emirates (UAE), she overtook a death sentence for stabbing and killing an employer who attempted to rape her. The international outcry and the passionate appeals by the Philippine government got her a lighter sentence of two years in jail and 100 lashes, but only after the payment of P1 million in blood money.

SARAH AP

Quest for justice continues for Ninoy Aquino

By Norman Borlongan

THE QUEST for justice for the martyred opposition leader, Senator "Ninoy" Aquino Jr., who was killed by an assassin's bullet 27 years ago, will continue, according to his son, President Aquino.

But Mr. Aquino and his administration continue to be focused on giving justice to all Filipinos, particularly those who have suffered social injustice.

"I am being asked whether I will intend to pursue justice for my father. We will do what we can, although there are those that say it is already too late because more than 30 years have passed since the assassination," Mr. Aquino said in a brief message to family members, friends and supporters at the Mass celebrated by Fr. Gaspar Arcevalo at the Manila Memorial Park yesterday.

During the Mass held at the Manila Memorial Park, which was



IN MEMORIAM President Aquino says prayer at the grave of his father, former Sen. Benigno "Ninoy" Aquino Jr., who was assassinated on Aug. 21, 1983, at the airport that now bears his name.

Taxman goes after bet who spent P200

By Maricela Mazon
Inquirer-Northern Luzon

SAGRO CITY—It could only happen in the Philippines.

The Bureau of Internal Revenue (BIR) wants to collect P212.67 from a



SARAH AP

• Bb. Pilipinas International dies in car-bus collision NEWS / A16 • Archers, Eagles face off anew • Cobra Ironman gets going in CamSur SPORTS • Israel, Palestinians to talk peace anew WORLD / A19 • Why did they move the 'Spoliarium'? • A classroom in a 19th-century bahay-na-bato SUNDAY LIFESTYLE • Ironclad: Suing up for the Ironman Triathlon • Ana 'Hurricane' Julaton takes Filipino boxing fans by storm • From TV host to House Rep: Cutie goes to Congress • For NU's center Mbe, Google fastest way from West Africa to RP SIM • Saving classic Filipino films in a time of climate change ENTERTAINMENT

© 2000 Blackwell Science Ltd *Journal of Internal Medicine* 247: 111–118



F749.67/—

RESEARCHER: KIM HANSEN
U.S. Nat. Inst. of Health
National Cancer Institute



P958.17 (Inv. by 12/2004)



UP TO 12 MONTHS ON ALL
MAJOR CREDIT CARDS NATIONWIDE!



P749.58 /envi. Res 12 (2006)

AC LA050H
1655-28 BTU (4.5 kW) MANUAL
REGULAR: PN 995



\$4,299.17/ one time fee

Dr. Margaret A. Stevenson
1000 University Parkway, Suite 200
Berkeley, CA 94702

[illegible]

SHOOT NOW AT **ARENSON** - THE LARGEST APPLIANCE NETWORK

A. Population Growth Rate		B. Migration		C. Mortality	
Region	Rate	Region	Rate	Region	Rate
North America	1.2%	North America	0.5%	North America	0.8%
Europe	0.8%	Europe	0.3%	Europe	0.6%
Asia	1.5%	Asia	0.7%	Asia	0.9%
Africa	2.1%	Africa	1.0%	Africa	1.2%
South America	1.8%	South America	0.6%	South America	1.0%
Oceania	1.0%	Oceania	0.4%	Oceania	0.7%
Global Average	1.3%	Global Average	0.6%	Global Average	0.9%



1861

Pontifical and Royal

UNIVERSITY OF SANTO TOMAS

The Catholic University of the Philippines



1861

The Faculty of Medicine and Surgery

A Commission on Higher Education Center of Excellence in Medicine

congratulates

The New Thomasian Doctors!

99% PASSING RATE



Chitra Deepak Punjabi
1st place



Nikki Doreen So Angbue Te
3rd place



Michael Conrad Luz Tongol
6th place



Kristianne Emmanuelle Rayo Bagaolsan
9th place



Rozelle Jade Ramirez Javier
10th place

Garnering a ninety-nine percent passing rate in the August Physician Licensure Examinations for two consecutive years (2009 and 2010), the University of Santo Tomas Faculty of Medicine and Surgery continues to mold brilliant and dedicated young men and women into competent, committed, and compassionate physicians. Through the unwavering commitment of the University and the Faculty to the pursuit of excellence in medical education, research, and community service, three hundred and sixty-one new Thomasian doctors have once again emerged, bearing the banner of excellence and remarkable humanitarian spirit among the rest!

BE PART OF THE BEST MEDICAL SCHOOLS IN THE COUNTRY!
ONLINE APPLICATION FOR 1ST YEAR FOR ACADEMIC YEAR 2011-2012
WILL BE FROM OCTOBER 1, 2010 TO DECEMBER 1, 2010.
Visit <http://www.ust.edu.ph> or www.ust.edu.ph
(admission to medical school) for further information.

PROUD TO BE THOMASIAN AT 400!



Foreign airlines hard put to take up slack for PAL

By Paolo C. Phelanillo

THE CONSIDERABLE more than a hard time finding foreign airlines to fly means that may be left vacant in the event that Philippine Airlines (PAL) is purchased by a foreign owner, an official of the Civil Aeronautics Board (CAB) said.

"We're been talking to other nations about the possibility of a sale to PAL, and if they can pick up the slack," said CAB Executive Director Perseus Pasion, who said to a recent interview.

He said the government was looking for great potential in Middle Eastern, South American and Asian carriers that were similar in size to many of PAL's international flights.

"Some airlines may step up to take up the flight operations, but most say their resources are already overstretched just servicing their own routes," he said.

Foreign carriers, in particular, are not "willing to fly" that would not be capped on such short notice in case PAL's operations cease.

"What we're asking from them is why someone else a lot of them are not willing to come in," Pasion said.

Foreign airlines and airports had been hit by a wave of strikes earlier this year. Western American airlines and other carriers involved in international contact negotiations with their pilots and flight attendants.

Foreigners said a single be-

cause to get local airlines to take its place. "None of this domestic routes are also being served by other domestic airlines," he said. However, the adjustments that would be needed in their flight plans to take in the volume were not in the cards.

"If the strike happens now, local carriers would be able to handle it," he said, meaning the local and PAL management and the company's work to solve their issues to avoid the consequences in the coming years.

He said many airlines said they are not willing to take over the local offices regarding the government's proposal.

Notwithstanding PAL's flight and the adoption of an "open door" on international flights, PAL is not willing to take over the local offices regarding the government's proposal.

Notwithstanding PAL's flight and the adoption of an "open door" on international flights, PAL is not willing to take over the local offices regarding the government's proposal.

Notwithstanding PAL's flight and the adoption of an "open door" on international flights, PAL is not willing to take over the local offices regarding the government's proposal.

Bishops see record decline in Catholic Church weddings

By Philip C. Tobias

WHILE THE decline in Catholic marriages in the country are on track for a record low this year and the same, a Catholic Bishops' Conference of the Philippines (CBCP) official said yesterday.

The Manila-based, conservative group of the CBCP's Episcopal Conference on Family and Life, said the decline in Catholic marriages in the country are on track for a record low this year and the same, a Catholic Bishops' Conference of the Philippines (CBCP) official said yesterday.

The Manila-based, conservative group of the CBCP's Episcopal Conference on Family and Life, said the decline in Catholic marriages in the country are on track for a record low this year and the same, a Catholic Bishops' Conference of the Philippines (CBCP) official said yesterday.

The Manila-based, conservative group of the CBCP's Episcopal Conference on Family and Life, said the decline in Catholic marriages in the country are on track for a record low this year and the same, a Catholic Bishops' Conference of the Philippines (CBCP) official said yesterday.

The Manila-based, conservative group of the CBCP's Episcopal Conference on Family and Life, said the decline in Catholic marriages in the country are on track for a record low this year and the same, a Catholic Bishops' Conference of the Philippines (CBCP) official said yesterday.

The Manila-based, conservative group of the CBCP's Episcopal Conference on Family and Life, said the decline in Catholic marriages in the country are on track for a record low this year and the same, a Catholic Bishops' Conference of the Philippines (CBCP) official said yesterday.

The Manila-based, conservative group of the CBCP's Episcopal Conference on Family and Life, said the decline in Catholic marriages in the country are on track for a record low this year and the same, a Catholic Bishops' Conference of the Philippines (CBCP) official said yesterday.

The Manila-based, conservative group of the CBCP's Episcopal Conference on Family and Life, said the decline in Catholic marriages in the country are on track for a record low this year and the same, a Catholic Bishops' Conference of the Philippines (CBCP) official said yesterday.

for civil marriages were "in the decline" it is a time when you have to be the target," he said.

"We are looking at the church but not because as Filipinos they need to prepare for a church and wedding, they have a great church wedding as they prepare it," he said.

He said the church's decline in marriages is a "gaping chasm" of more and more Filipinos coming to the church.

"We have a growing number of many international marriages involving Filipinos. Maybe foreigners are really falling in love with Filipinos. In the world, more often than not, it's a mixed marriage with the man having a different religion," he said.

"We are looking at the church but not because as Filipinos they need to prepare for a church and wedding, they have a great church wedding as they prepare it," he said.

"We are looking at the church but not because as Filipinos they need to prepare for a church and wedding, they have a great church wedding as they prepare it," he said.

"We are looking at the church but not because as Filipinos they need to prepare for a church and wedding, they have a great church wedding as they prepare it," he said.

"We are looking at the church but not because as Filipinos they need to prepare for a church and wedding, they have a great church wedding as they prepare it," he said.

"We are looking at the church but not because as Filipinos they need to prepare for a church and wedding, they have a great church wedding as they prepare it," he said.

Philippine communications abroad.

"We will also notice that abroad where there are really many Filipino getting married, either with children Filipinos or with non-Filipino from another race," he said.

Caron said that marriage between Catholic Filipinos and non-Catholic foreigners from 1,000 to 2,000 in 2009 to 2010, he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

"We also [marriage], even if they're not both Catholic, but as Catholics, they should be in the Catholic Church," he said.

Free health worker, Aquino asked

PHILIPPINE Highways' (Hwy) Movement for Change recently sought the release of a health worker in the custody of the Armed Forces of the Philippines (AFP).

The group said the health worker was arrested for alleged involvement in a protest against the AFP's operations in the area.

The group said the health worker was arrested for alleged involvement in a protest against the AFP's operations in the area.

PHILIPPINE Highways' (Hwy) Movement for Change recently sought the release of a health worker in the custody of the Armed Forces of the Philippines (AFP).

The group said the health worker was arrested for alleged involvement in a protest against the AFP's operations in the area.

The group said the health worker was arrested for alleged involvement in a protest against the AFP's operations in the area.

PHILIPPINE Highways' (Hwy) Movement for Change recently sought the release of a health worker in the custody of the Armed Forces of the Philippines (AFP).

The group said the health worker was arrested for alleged involvement in a protest against the AFP's operations in the area.

The group said the health worker was arrested for alleged involvement in a protest against the AFP's operations in the area.

Pinoy workers to Guam don't have to pay fees

By Cynthia Chua

THE PHILIPPINE Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

initially undertaken by both countries to inform the public about the "no recruitment fee" policy for workers bound for the US and its extension under the 2010-2011 agreement.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

The statement said that the Philippine Embassy in Guam has issued a statement saying that Pinoy workers going to the United States for employment are not required to pay any fees.

THE DAILY GOSPEL

Sunday, August 22, 2010
21st Sunday in Ordinary Time

1st Reading:
There is a great need to be a part of the mission of the church. We are called to be a part of the mission of the church. We are called to be a part of the mission of the church.

2nd Reading:
There is a great need to be a part of the mission of the church. We are called to be a part of the mission of the church. We are called to be a part of the mission of the church.

Gospel:
There is a great need to be a part of the mission of the church. We are called to be a part of the mission of the church. We are called to be a part of the mission of the church.

Reflection:
There is a great need to be a part of the mission of the church. We are called to be a part of the mission of the church. We are called to be a part of the mission of the church.

Prayer:
There is a great need to be a part of the mission of the church. We are called to be a part of the mission of the church. We are called to be a part of the mission of the church.

Homily:
There is a great need to be a part of the mission of the church. We are called to be a part of the mission of the church. We are called to be a part of the mission of the church.

Conclusion:
There is a great need to be a part of the mission of the church. We are called to be a part of the mission of the church. We are called to be a part of the mission of the church.

Announcements:
There is a great need to be a part of the mission of the church. We are called to be a part of the mission of the church. We are called to be a part of the mission of the church.

Sino si Ninoy sa akin?

EQUILIBRIUM:
Salamat sa Katutuhan
22 August "Ninoy" 1983-2010

Author: Rev. Herman Alvarez

Rev. Herman Alvarez

Rev. Herman Alvarez

Rev. Herman Alvarez

Rev. Herman Alvarez

Rev. Herman Alvarez

Rev. Herman Alvarez

Aplus

METRO

Editor: Richard S. Maning

Mobile Unit: Tel. 802-2828343/802-4432 | Website: www.inquirer.com.ph | E-mail: pdi@inquirer.com.ph
 Notice: your feedback is important to us. Please email us at pdi@inquirer.com.ph

You will immediately get a P4 emergency toll free equivalent to:

- 3 texts
- P1 airline

that will be deducted from your next load.

Mural is the message: Save the dolphins

By Jacaranda I. Andrade

WITH EACH brush stroke, 34-year-old painter AG Suke brings back to life images of bottlenose dolphins, thousands of which are slaughtered annually by fishermen in Tokushima, Japan.

The dolphins in Suke's murals do not breathe through their blowholes, nor do they play soccer. One they are known for, with his murals, Suke hopes to promote a national campaign as part of a growing worldwide crusade to seek an end to the annual whaling killings in Japan of one of the most intelligent creatures on earth.

For 15 years, the artist had gone into a hiberna, focusing on his profes-

sion as an oil painter and his passion for photography. But viewing the 2009 Academy award-winning documentary film, "The Cove," which exposed the annual killing

PHOTO: A. S.

Audi stars in SM City North EDSA's silver celebration

The Philippines' largest Supermall has just turned 25, and everyone's invited to the festivities! Audi and SM City North EDSA unite to the delight of car enthusiasts in the metro. PGA Cars, Inc., as the sole importer and distributor of the German brand, is pleased to celebrate SM City North EDSA's spectacular silver-year anniversary with an equally luxurious raffle — they're putting up the impressive Audi A3 1.8 TFSI Sportback as the ultimate prize.

SM City North EDSA has consistently been upholding high standards when it comes to offering every Filipino the total mall experience, and the same holds true for its newest partner, Audi. "Worshipping durch Technik" is the motto that acts as the driving force

behind the car brand's success, and progress through technology is their basic philosophy. It's been a quarter of a century for SM City North EDSA based on innovation and high forward. It's been over two decades of filling people with advice and

surprises, pleasure and memories. It's been twenty-five glorious years of offering more than a thousand ways to help enjoy life. Join the celebration — head on to the City today and you just might drive your way back home in your very own Audi!



Your Shopping Spree
can lead you to a ride of luxury.

SM City North EDSA will give a chance to win an Audi A3 1.8 TFSI for every P1,000 single receipt purchased at SM City North EDSA.

Prizes valid until Sunday, July 25 to October 31, 2010.

www.smcitynorthedsa.com



Audi A3 1.8 TFSI Sportback

Importing Audi Vehicles

www.audi.ph



SM City North EDSA and PGA Cars pair up for an Audi A3 raffle promotion

In celebration of SM City North EDSA's 25th Anniversary, SM in partnership with PGA Cars, Inc., will be giving its customers a chance to win a brand new silver Audi A3 1.8 TFSI Sportback during its Grand Anniversary Raffle Promotion.

SM Prime Holdings President Hani E. Sy and PGA Cars, Inc. Chairman Robert Coyula, Jr. recently signed a memorandum of agreement formalizing the partnership at the SM Corporate Office, Pasig City. Head Roberto Coyula Jr., Audi Phils. Head Remelito Coyula, PGA Director Federico Coyula, and Porsche Executive Director Anthony Legarda were present as were SM Supermalls SVP for Marketing Jonathan San Agustin and RVP for Operations Ilan Malico.

PGA Cars, Inc. is the sole importer and distributor of Porsche and Audi automobiles in the Philippines. It is part of the Coyula Group of Companies, which is renowned for its insurance, real estate, securities, air transport, and oil exploration businesses.

The Audi A3 1.8 TFSI Sportback, with P2.3M, is a car that unites lifestyle, sportiness, dynamism, and premium quality.

Its design is solid and full of character, emphasized further by the front sport seats and the 8-speed steering wheel. Infused with the latest technology and performance features, the fuel efficient and powerful Audi A3 is a driver's car — pure and simple. The 7 speed S tronic transmission is fitted with gear shift paddles which fully utilize the 1.8 liter turbo Fuel Stratified Injection engine which in turn produces 180 horsepower.

Every P1,000 single receipt (purchase, cash or charge) by SM Advanage Cardholders from the SM Department Store, SM Hypermarket, Supermarket, or from any participating mall establishment entitles one to a raffle coupon and a chance to take home the Audi A3 luxury car. The Grand Anniversary Raffle promotion is ongoing until October 31, 2010, and the draw will take place on November 8, 2010 at 7PM at the SMX Convention Center at the SM Mall of Asia complex. See posters and print ads for more details. Also, check out the Audi A3 and Q5 display at The Block at SM City North EDSA.



PGA Cars, Inc. Chairman Robert Coyula, Jr. and SM Prime Holdings President Hani E. Sy signed a memorandum of agreement formalizing the partnership between SM and PGA Cars, Inc. in giving customers a chance to win a brand new silver Audi A3 1.8 TFSI Sportback during the Grand Anniversary Raffle Promotion in celebration of SM City North EDSA's 25th Anniversary.

PHOTO: A. S.

The World

Editor Laurence B. Gonsky

Israel, Palestinians to talk peace anew

WASHINGTON—The Palestinian president, Mahmoud Abbas, agreed to restart direct negotiations with Israel only after intense pressure from the United States and Europe, diplomats said on Friday, as the Obama administration sought to restart the Middle East peace process but left many key questions unanswered.

It finally announcing the new deal on Friday, Secretary of State Hillary Rodham Clinton said that the negotiations would cover all the issues that had been delayed peace negotiations since 1979—the status of Jerusalem, the borders of a Palestinian state, the rights of settlers for Palestinians

who were then banned to build their homes and security provisions for Israeli. But the portfolio did not mention a two-state plan of permanent settlement, which President Barack Obama had previously indicated was a crucial requirement to the success of any peace deal, and which Abbas himself had previously demanded as a condition for talks.

Middle East experts said that the lack of specificity in Friday's announcement, and the lack of any public signal by Prime Minis-

ter Benjamin Netanyahu, of Israel, that he would make any concessions, could prove a roadblock for Abbas, who is already the politically weak leader of a divided party.

As a result, analysts said, Abbas is coming to the table reluctantly. Abbas made no public statement on Friday about the deal.

Analyst James A. Brunk, a former Israeli peace negotiator, said Abbas needed a clear reference to the "two" state, instead he was given 12 months to make a decision on his case in the hopes that the deadline will increase decisively. Arab diplomats offered a similar analysis.

But American diplomats, their European counterparts and President Barack Obama made the case to Abbas to return to the negotiating table without conditions, administration officials and Arab diplomats said. American officials expect that they could do more to help the Palestinian team through close negotiations. By setting a one-year deadline for the negotiations, Obama, who met with Abbas in the White House in May, is implicitly giving the Israelis a deadline to make progress soon, the United States will step in with its own proposal outlining what a peace deal should look like.

But American diplomats, their European counterparts and President Barack Obama made the case to Abbas to return to the negotiating table without conditions, administration officials and Arab diplomats said. American officials expect that they could do more to help the Palestinian team through close negotiations. By setting a one-year deadline for the negotiations, Obama, who met with Abbas in the White House in May, is implicitly giving the Israelis a deadline to make progress soon, the United States will step in with its own proposal outlining what a peace deal should look like.

"We will be active and sustained partners, although we recognize that this is a bilateral negotiation," Mitchell told reporters at a news conference in Washington. "We have been involved in both parties that, as necessary and appropriate, we will be bringing pressure."

The Obama, who challenges is straightforward—difficult, but straightforward," said Mitchell. Today, a former American ambassador in Israel and Middle East peace negotiator. "The US will be in a position to make the necessary requirements of the two sides through the process, and then to offer the right proposals." NYT

Australia polls too close to call

SYDNEY—Polls closed on Saturday in Australia's most populous state where the recently changed electoral system in Queensland is expected to be decisive.

Lawmakers in the crucial state of Queensland and New South Wales cast 8 p.m. after a brief election election that could see Prime Minister John Howard's Liberal government leader Tony Abbott.

Early exit polls noted before voting ended pointed to Abbott's government retaining control with a slim majority in the state.

But even more telling party figures revealed it would be tight for the Labor Party to win even a narrow lead in Queensland. It leads in state power over Abbott's conservative Liberal National coalition.

"We will get down to 30 or more marginal seats throughout the country, but to win the election will be decided," Foreign Minister Stephen Smith said.



GILLARD

Abbott said on Saturday that his party would win the election. "I can lead 50 seats which I think Labor will win, it's very difficult to find the seat 10 we need for the Queensland majority and we will depend on how the battle has gone in the south."

The median swing is between 2.3 percent swing against Labor to win power, and the government must win 70 of the 92 seats in the Queensland Legislative Assembly.

Abbott's government is expected to win the election with 52 percent of the overall vote in 49 of the 92 seats in the Queensland Legislative Assembly, with a small swing toward the opposition.

The poll also showed an average 5.5 percent swing against Labor in Queensland and New South Wales, where the election will be won or lost.

A spokesman for Labor said the party's leader, Kevin Rudd, would lead the party to a victory in 49 seats, but Labor's former leader, Peter Beattie, said the party would win 52 seats.

"I would rather take the risk of a narrow win than a narrow loss," he said. "I would rather take the risk of a narrow win than a narrow loss."

The median swing is between 2.3 percent swing against Labor to win power, and the government must win 70 of the 92 seats in the Queensland Legislative Assembly.

Blackwater settles with US for \$42M

WASHINGTON—The private security company formerly called Blackwater Worldwide, long plagued by accusations of inappropriate behavior, has reached an agreement with the US Department of Defense for the company to pay \$42 million in fines for human rights violations in Iraq.

The settlement includes 10 civil and criminal charges, including the use of weapons against civilians, making unauthorized weapons to Iraqis, and making unauthorized weapons to Iraqis.

The settlement also includes 10 civil and criminal charges, including the use of weapons against civilians, making unauthorized weapons to Iraqis, and making unauthorized weapons to Iraqis.

The settlement also includes 10 civil and criminal charges, including the use of weapons against civilians, making unauthorized weapons to Iraqis, and making unauthorized weapons to Iraqis.

The settlement also includes 10 civil and criminal charges, including the use of weapons against civilians, making unauthorized weapons to Iraqis, and making unauthorized weapons to Iraqis.

After a long legal battle, the company has agreed to pay \$42 million in fines for human rights violations in Iraq.

The settlement includes 10 civil and criminal charges, including the use of weapons against civilians, making unauthorized weapons to Iraqis, and making unauthorized weapons to Iraqis.

The settlement also includes 10 civil and criminal charges, including the use of weapons against civilians, making unauthorized weapons to Iraqis, and making unauthorized weapons to Iraqis.

The settlement also includes 10 civil and criminal charges, including the use of weapons against civilians, making unauthorized weapons to Iraqis, and making unauthorized weapons to Iraqis.

The settlement also includes 10 civil and criminal charges, including the use of weapons against civilians, making unauthorized weapons to Iraqis, and making unauthorized weapons to Iraqis.

While the company has its largest federal contract for year to provide diplomatic security for US Embassy personnel in Baghdad, where the Iraq government was located by killings of Iraqi in one highly publicized case, it still has contracts to provide security for both the state department and the UN in Afghanistan.

Blackwater, in reputation, is in part because of the excessive use of force by some of its personnel in Baghdad, sought for years to control its reach for beyond the war zones of Iraq and Afghanistan.

Blackwater, in reputation, is in part because of the excessive use of force by some of its personnel in Baghdad, sought for years to control its reach for beyond the war zones of Iraq and Afghanistan.

Blackwater, in reputation, is in part because of the excessive use of force by some of its personnel in Baghdad, sought for years to control its reach for beyond the war zones of Iraq and Afghanistan.

Blackwater, in reputation, is in part because of the excessive use of force by some of its personnel in Baghdad, sought for years to control its reach for beyond the war zones of Iraq and Afghanistan.

Millions of eggs recalled in US scare

SAN FRANCISCO—Outbreak of salmonella was linked on Friday to another major egg producer, Hillendale Farms, prompting the recall of an additional 270 million eggs in 14 states.

The latest recall—the third recall announcement in two weeks for eggs—is linked to salmonella infections in consumers linked by a succession of food safety scares in recent years, most prominently the recall of eggs from the Hillendale Farms.

The latest recall—the third recall announcement in two weeks for eggs—is linked to salmonella infections in consumers linked by a succession of food safety scares in recent years, most prominently the recall of eggs from the Hillendale Farms.

The latest recall—the third recall announcement in two weeks for eggs—is linked to salmonella infections in consumers linked by a succession of food safety scares in recent years, most prominently the recall of eggs from the Hillendale Farms.

The latest recall—the third recall announcement in two weeks for eggs—is linked to salmonella infections in consumers linked by a succession of food safety scares in recent years, most prominently the recall of eggs from the Hillendale Farms.

The latest recall—the third recall announcement in two weeks for eggs—is linked to salmonella infections in consumers linked by a succession of food safety scares in recent years, most prominently the recall of eggs from the Hillendale Farms.

WORLD BRIEFS

Iran to fire up first nuclear plant after decades of delay

TEHRAN—Iran on Saturday began tailoring hardware to Russian-built first nuclear plant, as Iranian officials announced the start of construction of the plant. The plant is expected to be completed by 2015. The plant is expected to be completed by 2015. The plant is expected to be completed by 2015.

Aid pours into Pakistan but UN warns of long road ahead

ISLAMABAD—UN chief Ban Ki-moon praised the global community's response to the earthquake in Pakistan, but warned that the road ahead is long. The earthquake in Pakistan, but warned that the road ahead is long. The earthquake in Pakistan, but warned that the road ahead is long.

Hip-hop star Wyclef Jean named for Haitian election

PORT-AU-PRINCE—Haitian President René Préval named Wyclef Jean to the National Council for the 2010 election. Wyclef Jean is a Haitian rapper and actor. Wyclef Jean is a Haitian rapper and actor. Wyclef Jean is a Haitian rapper and actor.

Harvard finds scientist guilty of misconduct

PHILADELPHIA—Harvard University announced on Friday that it had found a prominent researcher, Dr. Mark Rosin, "guilty" of sexual harassment. Dr. Rosin is a prominent researcher at Harvard University. Dr. Rosin is a prominent researcher at Harvard University.

SLIMMERS WORLD

Slimmers World supports Bangkok Post Mini Marathon

Bangkok—Slimmers World Bangkok has announced its support for the Bangkok Post Mini Marathon. The marathon is a 5K race held annually in Bangkok. The marathon is a 5K race held annually in Bangkok.

Slimmers World International hosts event in Bangkok

BANGKOK—Slimmers World International hosted a fitness event in Bangkok. The event was a fitness class for women. The event was a fitness class for women. The event was a fitness class for women.

Slimmers World Bangkok hosts event

BANGKOK—Slimmers World Bangkok hosted a fitness event. The event was a fitness class for women. The event was a fitness class for women. The event was a fitness class for women.



(On photo) Slimmers World Bangkok hosts event. The event was a fitness class for women. The event was a fitness class for women. The event was a fitness class for women.

536-3333 • 525-8771 • 091-SLIMMERS
www.slimmersworld.com.ph / inquire@slimmersworld.com.ph

Welcome to Cosmopolitan Living. Welcome to Chateau Elysée.

Inspired by an enchanting French Mediterranean design, Chateau Elysée is the epitome of cosmopolitan living in the 21st century.

From its modern facilities to its captivating landscapes, every living space in this relaxed low-rise, French Mediterranean condominium truly evokes what cosmopolitan lifestyle is all about.

Located at the heart of Panlague City just 20 minutes away from the Makati Business District, Chateau Elysée boasts an enchanting architecture that sprawls on 4.7 hectares of prime land. It consists of six masterfully designed clusters: Concorde, Lafayette, Eiffel, Ritz, Vendôme and Seine, with each cluster consisting of four low-rise buildings that can only be described as a work of art.

Chateau Elysée truly is a sanctuary of privacy and ease as it devotes more than half of the property to its valued amenities that include a clubhouse with complete recreational facilities, fitness gym, swimming pools and sports facilities for health buffs, just to name a few.

Those of you who are still on the fence about being a part of the tranquil environment one would experience at Chateau Elysée would be happy to know that they are offering one-bedroom, two-bedroom and three-bedroom units, all of which exude comfort and freedom of space.

Would-be residents are sure to benefit from the well-thought living space, exquisitely-designed from the living room to the kitchen. Its high ceilings create a sense of airy openness with wide windows that look out across the pleasant and vast expanses of gardens and courtyards.

It's only at Chateau Elysée where one can enjoy security and leisure in a natural and friendly environment. Wide roads,



generous open spaces, captivating landscapes and modern facilities, Chateau Elysée truly is a haven where everything falls into place beautifully.

Own the cosmopolitan lifestyle at Chateau Elysée today so you can wake up in your dream home tomorrow.

For inquiries, call 858-0300 or 0917-500-5151. You can also visit our website at www.smresidences.com.

**CHATEAU
ELYSÉE**

YOUR HOME
NEAR SM CITY BICUTAN

**GRAND
OPEN HOUSE**

August 22, 2010
2:00 pm - 5:00 pm

**READY-FOR-OCCUPANCY
UNITS AVAILABLE**

Find us on
Facebook

Download SM Residences' smartphone
and software featuring Master Plans!
www.facebook.com/smresidences

Enjoy a variety of security services in a secure and friendly environment, only at Chateau Elysée. Everything you need for a cosmopolitan lifestyle. With roads, generous open spaces, captivating landscapes, Master Plans. All in a cosmopolitan complex that gives a sense of community.

Chateau Elysée, where everything falls into place beautifully.

SMC 10-001-1000

For inquiries, call 858-0300 or 0917-500-5151. You can also visit our website at www.smresidences.com.

RESIDENCES
SM CITY BICUTAN
For inquiries, call 858-0300 or 0917-500-5151.
www.smresidences.com

For inquiries, call
858-0300 • 0917-500-5151
www.smresidences.com

SMDC

The good guys!

Sunday SPORTS

Editor: Teddyvic S. Melendive
Assistant Editor: Francis T.J. Ochoa

Mobile text: Text 0917 070711 to 0917 | Website: www.inquirer.com/sports | E-mail: inq_sports@inquirer.com.ph
Active and inactive mobile phone numbers may vary.

Archers, Eagles face off anew

FOOTBALL ARCHERS two sides teams for most of the tournament, these two sides and La Salle take the spotlight today in another UAAP football clash crucial in their Final Four bids.

Archers clinched for safe second and as host a semifinal playoff against a La Salle side also aiming to pull away from its chaotic position in third 4 p.m. battle at the Ateneo Coliseum.

"I think both teams are flying under the radar so far," said coach Norman Black as the Blue Eagles try to improve on their 7-2 record.

"Neither one has been really the focus. I think FEU and Adamson have been getting most of the attention."

National University and the weekend intensity of the Philippines league in the first game at 12 noon.

"Defensives for each game are solid regardless."

The Blue Eagles—looking on the improved play of Wayne Hernandez and the backcourt leadership of Erwin Mosquera, Eric Salas and Erik Lora—land into the game on a five-game winning roll.

The Green Archers, coming fourth at 6-3, hope to complete an elimination sweep of the Blue Eagles ahead of a month after coach Ronda Pomeroy's young teams claimed the back-to-back championships with a 16-0 record.

"Every game is crucial for us," said Pomeroy. "We're in fourth place, so we want to distance ourselves from the other teams below us (in the standings)."

Seventeenth seedman Joseph Alano, who averaged 9.3 points to lead La Salle in the first round, got sidelined due to flu in the halfway 84-63 romp over the Maroon last Thursday.

"He's OK now, he will play," assured



Pomeroy, who's also relying on former Ateneo, West Villamor and South Mindoro Veterans.

"The Eagles have been consistent since the last time they lost to the Archers."

"Game remains unbalanced, but we are

possible to make a go (We want to improve our loss because we dropped an almost win game)," said Hernandez. "It's also important for us to win because our target is the top two."

—Jasmine B. Pajon

ROBERT TORRES

Number of the Far

Eastern University

draws crowd from the

stadium during

effort of UST Tigres

Carnegie-Alexand

ball and Jerk

Parsons. Torres

finished with 13

points for the "Tams."

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

Tams gain Final 4; Warriors score

By Jasmine B. Pajon

THE EASTERN UNIVERSITY looked the absence of a key player as down University of Santo Tomas, 79-67, and claim the first Final Four berth in the UAAP men's basketball tournament yesterday at the Philippine Arena.

Adrian Flores, who filled the void left by suspended teammate Joel Terreros and rookie guard Terreros, scored 15 points in the second half to lead the Tams to their sixth victory in 10 games.

"I'm happy that everyone stepped up, especially the big man," said FEU coach Edson Tapia.

"We have a rotation of up to 12 players. That's the good thing about our team, we're not relying on just one player."

Terreros, who played in a game, scored 21 points and from outside, including 10 rebounds, six assists and two blocks.

Terreros, the top scorer for the Tams, scored all his 17 points in the first and second quarters to help the Tams score 40 points in the first half.

Before, University of the East topped Adamson's four-game winning streak with a 77-62 victory that spoiled the Adamson bid to secure at least a semifinal playoff.

Adamson's loss left 15 points and the Warriors capitalized on the Adamson's momentum to pull away from a 36-36 deadlock in the last seven minutes.

The Adamson, who led in score from the field in the last 2:30 of the game, slipped to third with a 7-3 record.

FEU made more 80 points, the leading 88-87 comeback, finished with a personal low of 11 points, but remains as the only player in the league to score in double figures every game.

Corrales, who averaged 11.8 points, 6.1 rebounds and 2.3 assists in the first round, scored a one-game suspension after receiving two suspensions for fouls.

"Silver Ball wasn't there. I just made sure to double my efforts," said Ramos, a member of the Smart Gilas national team.

Ramos, who went 3-of-6 from the field in the second half, also rights points in the fourth quarter to lead the Tams to a 79-67 win.

The Tams added to their 10th straight win in the UAAP, but still needs to win at least one more game to reach the Final Four.

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

—Jasmine B. Pajon

Connect with all your friends on Facebook for FREE!

Check your Facebook account, read updates and post your status for FREE!
Use Sun WAP APN and log on to <http://wap.suncellular.com.ph>
Another first from Sun!

SUN CELLULAR

Standard rates charges of P15 per 30 minutes will apply to voice, picture, internet and other services.

Your first car should make impressions that last.

Full access with the All-New Fiesta at the CAMP 2015 Philippine International Motor Show. Drop by and get a chance to take home a Fiesta 1.6L. Trade Show, August 19-20, 2015 at the Motor Trade Center Metro Manila, Pasay City.

ford.com.ph

Feel the difference

**MEET THE INTERNATIONAL PROS AND FILIPINO ELITES
OF THE COBRA IRONMAN 70.3 RACE**

Cobra Energy Drink
Ironman Triathlon
CanSar is all geared up
for an exciting race this
year with the confirmed
participation of some of the
world's best professional
triathletes and some of
our very own top Filipino
triathletes is what is
undoubtedly the country's
biggest triathlon event.

Several professional stratifications remain this year, including last year's winners, *News, The Mirror* (Thames) tripping *Cable* (London) 70.3; *Philippines* (Champion) tripping *Bussines* and *World* (Philips) *Cameron* 86.00. Participating *Philips* (Lion) have also increased this year. Last year's *Philips* (Lion) Champion, *They* *Japan*, also returns this year to beat the new entrant.

TENNIS **Manzanera** took early lead in career of first place with highlighting his winning career. He Manzanera was included the 2000 Manzanera New Zealand Open, where he finished second, last year's 1,000th Manzanera 70.3 Philadelphia where he finished first place, closing at at 01:11:23 hour, and the 2000 Manzanera World Championship 70.3 at Cheltenham, U.S.A., then setting a record at 1:02:08 for that year. Manzanera intends to defend his title at the Cuban Open.

Christian Brown is a professional triathlete competing since 2000. He has won numerous triathlon events including a four-year winning streak in the New Zealand triathlon (2001-2004 and 2007-2010) and in the European triathlon Championships in Frankfurt, Germany - cycling in a 1:00 hour, his personal best to date. He has also competed in the professional triathlon World Championships in Kaps, (Spain), where he placed second in 2000 and 2005 at 6:46.10 and 3:17.30 hours respectively.

The women will not be without a few rivals, with new challenges for the 2008 title. Australian - born **Michelle Jones**, representing the United States, has been competing at world level since 1990. She is an accomplished Olympian, winning the silver medal at the 2000 Summer Olympic Games. In 2005, Michelle moved to the American team, winning several American titles including the 2006 American Women's Championship in Reno, Nevada. Finishing at 14.1131 hours, this victory made her the first woman and only the second Australian to finish in with the prestigious event.

Magall Thayer, also representing the U.S., has been named "2009 triathlete 70.3 triathlete of the Year" by Triathlon Magazine for her outstanding accomplishments during her breakout year, including several wins over various triathlon races and finishing third place in the triathlon 70.3 World Championship in Clearwater, Florida.

Other notable professional athletes in this year's list up are Courtney Ogden, Leon Griffin and Justin Cole of Australia, Fredrik Gustafsson of Sweden, Erich Fiksdal of Hong Kong, and Blake Clanger of the United States.

Among the Filipino swimmers, **Shin Jangho** took the lead among the **Filipino elites** in last year's **Golden Summit 90.5** triathlon of 84:38:31 hours. A multi-awarded triathlete, Jang has won three triathlon national titles, the Asian Cup triathlon trophy in 1995, the silver medal at the 1994 Asian Championships and the Philippine triathlon title in 2000.

11.6 *non-Asian* *Muraiah* is another word for *Malay*. It is a somewhat 15-*sen* tradition competing to numerous traditions across the globe, including those Philippine National Tradition characteristics and six branches of

Freeman. He is the first Filipino to qualify and finish in the Ironman World Championships in Kona, Hawaii in 1998 and the first Filipino to finish the full triathlon distance in less than 10 hours in the 2000 Ironman Wisconsin triathlon.

Lee O'Shea gained popularity as the first Filipino to reach the highest peak in the world – Mt. Everest in Nepal in 2006. Prior to the climb, Lee has already been actively involved in tourism, participating in tourism fairs, seminars, giving in the top 40 and again competing in the 2009 Cabot Insurance 75.4 triathlon.

And Kristina De Leon is probably one of the most decorated female athletes in the country. A former member of the University of the Philippines (UP) swimming team, And

dedicated to medicine after graduation, eventually competing in the 1998 Langkawi triathlon in Malaysia, finishing in 1st place for his age group at 22:17:07 hours. This qualified her to race in the prestigious Ironman World Championship in Kona, Hawaii later that year, finishing at 11:57:00 hours, making her the first Filipino to ever compete in the said event.

Other Filipino Elders vying for a place in the 2011 Census Bureau NO.2 Philippines Hall are: Africa A. Ruelas, Gerie Caluboguen, Mark Castañeda, Ferdinand Castellan, Ned Cecil, Elmo Choral, John Gibbons, Freddie Peldones and Ned Salazar for the men's category; and Mercedes Guadalupe, Lee Langle and Minda Torres for the women's.

What does large percentage mean?

with the Jilijana 2000 at the toughest and most intense endurance race in the world. Catch the Colima Energy Drink Invasion 70.3 Triathlon/Endurance Series at the Colima Watersports Complex, P.O. Comodoro, San Pío near information at the event. Visit www.colima703.com.

Culera Energy Drink is the official promoter of this year's Culera Energy Drink Invasion. To a Philippines-Culera, Culera strongly believes in what being an Invader is about — the values of discipline, determination, industry and perseverance to rise against difficult challenges and tough conditions.

TODAY'S THE DAY BEST OF LUCK
TO THE 841 PARTICIPANTS OF
CONTRA BROWMAN'S LITERATURE



Nothing beats
the perseverance, discipline
and true strength of Filipino Athletes

Cobra Energy Drink is proud to support sports events that showcase the true strength, character and heart of every competitor.



1.2 mile SWIM 34 mile Hike 13.7 mile RIM

August 22, 2010 CAMSUR

www.ironman703phil.com



Sunday **Biz**

Smoked fish gives couple comfort and wealth

Text and photos by Johanna Mordion
Register Staff's Luzon

ROSALES, PANGASINAN—Amaria and Yolanda Outeir, a Pangasinan couple who struggled through vending, changed their life with hard work, persistence and a dose of business savvy.

Both only high school graduates, they have established the most successful smoke (smoked fish) business amid a thriving industry in Pangasinan's Garapan West Zone.

The Outeirs started as vendors of anything one could possibly imagine—baked (fried) duck eggs, pork, hot (fried) chicken, bananas, rice cakes, chicken and pork, even watermelons and watermelons.

SMOKED
gingivitis
improvement
in Amara
and Yolanda
Outeir, former
vendors playing
the streets of
Garapan,
Pangasinan.



DOKO-01

WORKERS of the TBO Smoked Fishes Factory, Pangasinan, prepare smokes for distribution in public markets and wholesalers in Pangasinan and nearby provinces.

Pottery-making makes women busy, earn a decent living

Text and photos by Johanna Mordion
Register Staff's Luzon

IBAT NOLAN, PANGASINAN—To have a better life is Amara's dream, and Iyda is no exception.

Iyda is a 34-year-old housewife from the village. She has been able to go to a family workshop in poverty and who was able to finish only high school.

Iyda, spending most of her life, raising four of her five children, who is a farmer and three other children, a dream to make her own living, passed off itself in the form of a pottery-making seminar held by the Department of Labor and Employment in 2008 for the unemployed women of this town.

Iyda eagerly seized this opportunity and joined the Rural Improvement Club (RIC) of the village where it opened a pottery-making training of an abandoned building in the San Tomas Elementary School that same year.

The project's goal of providing housewives additional income was a success as it allowed women like Iyda to earn a P100 for helping one each day in the production of clay flower pots and more.

Iyda is grateful for this source of income as it allows her to share with her husband the burden of caring for their family.

"I got so busy, small things necessary to buy for my children, who are still studying," she says.

Her husband's earnings are not enough to support one family as a student and help to be able to help," she adds.

Iyda works with 30 other women from the village here who are also employed as workers in the pottery-making facility, which for a certain day of the week is assigned to every village, so that every community is provided a chance to learn.

Pottery-making is a long and tedious process, as Iyda works with five other women from her village, as well as two women hired by the RIC to handle the heavy machinery.

These products include ceramic flower pots, which come in four sizes. The largest pots are sold for P10 while the smallest pots are sold for P5. Their clay pots are sold for around P100 each.

Iyda says the P10 flower pot has been their best-selling item.

The women can produce as many as 300 pieces of pottery in one day.

Pottery is a flourishing industry around Iyda's village where pottery-making is a tradition, as an official of the Department of Agriculture picks up products from the Is

POTTERY-MAKING



It takes a lot of time, effort and skills to make pots, the women of the village are up to the task.

IT'S NOT A MODEL UNIT.
IT'S AN IMMERSION OF DETAIL.



Experience an immersion of detail in EDDES, where you will find that the houses and apartments are designed for detail. From the elegant exterior to the interior, everything is designed to be what you want, like your very own EDDES house.

EDDES
REGISTERED BUREAU OF TRADE MARK

Our New Standard of Prestige

Various models and prices from South Coast of the Power Plant Mall in our TRO-0000.
www.eddes.com.ph

ROCKWELL

ROCKWELL INTERNATIONAL CORPORATION

Source: Rockwell International Corporation, 2014. All rights reserved.

Sunday Biz

Eating and profiting from food they love

By Lynette Villalva

VEGGIE FOODS have come a long way from the health-and-supermarket-people burgers of the late-food eighties. It was hard for hippies and vegetarians with no time to cook to stay on healthy foods.

Today, health and environmental challenges have brought vegetarianism (no meat) and even vegan (no dairy) diets back to dining alternatives. For years, the processed food industry and modern agriculture farming have ignored these markets in favor of producing affordable, yet unbalanced food.

Despite increasing demand, there are not enough producers in the country willing to take on elaborate production of organic and organic foods. Although the global market for organic food is soaring, the local growing industry remains small, with only a few producers willing to take on the extra costs of organic production. It is not enough incentives to the economy here to attract us to the food.

Angie Barlow, American founder of Veggie Foods, a local, is coming to fill the bill. It is a money where consumers have limited options in processed food and actively promote organic foods.

Barlow's food is made from local ingredients and is made from local ingredients. She is making the jump from niche market to mainstream on supermarkets.



Angie Barlow and Andy Barlow

Barlow is a native of San Francisco and a former vegetarian. She is now a local health-conscious consumer who is also a local health-conscious consumer.

Successful
The story of Barlow's success is a story of organic food. She is a local health-conscious consumer who is also a local health-conscious consumer.

Barlow's food is made from local ingredients and is made from local ingredients. She is making the jump from niche market to mainstream on supermarkets.

Barlow's food is made from local ingredients and is made from local ingredients. She is making the jump from niche market to mainstream on supermarkets.

Barlow is a native of San Francisco and a former vegetarian. She is now a local health-conscious consumer who is also a local health-conscious consumer.

The story of Barlow's success is a story of organic food. She is a local health-conscious consumer who is also a local health-conscious consumer.

Barlow's food is made from local ingredients and is made from local ingredients. She is making the jump from niche market to mainstream on supermarkets.

Barlow's food is made from local ingredients and is made from local ingredients. She is making the jump from niche market to mainstream on supermarkets.

where our daughter Amy was born.

Starting with people

From real ingredients that people use in their homes, Barlow and Barlow started with their first product. A delicious vegetable burger that became an instant success.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

'It is their customers' support that keeps them going'

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

company sells 100 vegetable burgers, such as French Onion, Italian, or Asian.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Barlow and Barlow began to grow quickly in local organic vegetable burgers that they realized that more and more consumers were trying to eat healthy.

Bamboo craft provides small town option to earn

By Johannes Markos
Johannes Markos is a local

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Markos is a local health-conscious consumer who is also a local health-conscious consumer.

Globe GCASH: Changing the way Filipinos shop and pay online

PHILIPPINE NEWS, AUGUST 25, 2008
The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.



The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

There are about 13,000 registered Filipino sellers on Multiply

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

The Globe GCASH is a new online shopping platform that is designed to help Filipinos shop and pay online.

SMART Buddy

Sunday LIFESTYLE Editor Thelma Brown Tan-Juan

Mailbox: Text 0909 575 to 575 | Web: www.inquirer.lifestyle.ph | E-mail: lifestyle@inquirer.com.ph

Send your feedback to: commentary@inquirer.com.ph

NOW, YOU CAN TEXT YOUR POSTS
TO **facebook** USING ANY PHONE!

TRY IT NOW!
Text **FREE** to 2526
GET 10 FACEBOOK TEXTS FOR FREE!

LET'S PLAY

I can now FACEBOOK this text!



"THE SPOLIARIUM" by Juan Luna entered 35 from undergoing its 127-year-old career.

Jeremy Barns replies

The Senate Hall will be finally restored to the fullness of its original architectural grandeur

MR. WELCHING: all comments, feedback and suggestions we have no can improve our service to the public and other stakeholders, and especially at how we can better promote the appreciation and understanding of our country's cultural and natural heritage.

But I think feedback should be well-intentioned and public-spirited.

I noticed this because we believe that life, like in pursuing a better personal agenda, he has been the recipient of a demand letter by the museum for amounts owed to it through his work because non-compliance.

Furthermore, the museum of the museum did not cover any appointment, contract, designation or other instrument that was entitled him to represent himself as any type of consultant to the National Museum.

I would clearly wish to explain in all of us why he did not intend to represent himself as "Senior Consultant of the National Museum" for something like a decade. At best, he was merely in the employ of the National Geographic, who were as clear from 1996, March 2008, during which time this man never seemed to have possessed any formal of relation with the museum.

He was, then, the Commission on Anti-Corruption (ACA) has brought these matters to my attention, pointing out in its 2008 report (the 2009 report is yet to be released) that "The museum allowed without a covering Contract the creation of a private industry entitled 'You with John Lila' which charged exorbitant fees without legal basis, and for which the museum failed to release its records concerning its P66,750..."

If I may quote from the report "Antiborne showed that information free-charged to each individual visiting the museum were collected by Lila and not by the cashier based on the logbook maintained by the security guard, it was noted that for CP 2008, there were 433 visitors at the year with John Lila in the museum, hence income totaling at least P66,750 was not collected and recorded in the books."

The amount is based on the P150 entrance fee (P 400 - P66,750), which was the standard entrance fee of the museum at the time, and that this, similarly, in full of the museum at a consultant, charged P700 to adults.

CON noted that "the National Museum allowed the conduct of the private activity 'You with John Lila' without any clear basis on the ground of such exclusive privilege" and it is perhaps because I refuse to extend such privilege to anyone without consulting the museum's interests are adequately safeguarded—in line with pertinent laws, rules and regulations and in full support of the Commission on Anti-Corruption (ACA) that motivates the article by Mr. Lila.

Well-earned exhibit

About the "Slipper" and "reproduction" exhibition, this National Cultural Museum of Philippine Archaeology, everyone is entitled to broadcast their own bias. But the exhibit was the work of its former trustees experts and I am proud to stand by it. We have conducted a multitude of positive comments about the June 14 opening, in part because of the excellent display and the original look of the exhibit and many P66,750..."

page 12

Why did they move the 'Spoliarium'?

By John L. Silva
Contributor

LAST AUG. 8, the National Museum moved led by director Jeremy Barns resigned on March 21, 2010. President Aquino had revoked midnight appointments by the Macapagal-Arroyo administration.

Two days later I made my way to the museum to see and document the changes that had been made by the Macapagal-Arroyo administration.

The first section visited consisted of it. I believe, was the single most important room of explanatory labels. In my major museum, a work of art or artifact removed from the wall or from its case, must be explained with labels in English where the object is, usually on loan or being stored.

Philippine Archaeology on the third floor of the National Gallery of Art. They were covered, each having explanatory labels containing inventories, grammar and names, grade school-level bullet points, and jargon-laden scientific verbiage.

The large introductory wall had no explanatory text in defining terms ("What is Spoliarium?") and had a series of definitions, mostly for scientific reasons.

Most important, for an important exhibit of Philippine antiquities and its way to meet that national pride in our language, all the

In just two months, the former board of 11th-hour appointees had moved the national art treasure and emptied the Senate Hall

are should have been in Filipino with accompanying English translation, not only in the English language that it is in present. The move of our language for Philippine exhibition to the National Museum is unacceptable and wanting of patriotic sentiment.

'Spoliarium' disabled

The most egregious discovery is what Mr. Barns did with the Museum's, if not the country's most important painting, the "Spoliarium."

For over 20 years since it was gifted by Spain, the large painting, which had won a gold medal in Chicago in the 1906 among other medals in one showing place.

About three years ago, the painting was moved to the low wall in front of it from a high position to exhibit the viewing space, so this modern large donated painting, the "Nationalism of Governor Bustamante" by Felix Fernandez (1906), could be admired as well. The preparation for that move was done with extreme care.

page 12

RAIN REIGNS

Buy 2 Drinks and get 50% OFF your 3rd drink

PLUS: A chance to win a free dinner for two!

Participating Restaurants:

- 1. The Grill
- 2. The Grill
- 3. The Grill
- 4. The Grill
- 5. The Grill
- 6. The Grill
- 7. The Grill
- 8. The Grill
- 9. The Grill
- 10. The Grill

Citywalk

THE NEW WAY TO LIVE

Features:

- 1. The Grill
- 2. The Grill
- 3. The Grill
- 4. The Grill
- 5. The Grill
- 6. The Grill
- 7. The Grill
- 8. The Grill
- 9. The Grill
- 10. The Grill

2GO forward... together we can get there!

Delivery & Transport • Special Services • Tracking and Customer Support • Supply Chain Solutions

Call (4432) 528-7334

www.2go.com.ph

2GO

© 2010 2GO Corporation



CAMC now housing the Philippine War History and Culture Center, with an amphitheater built as a tribute to it.

Why did they . . .

From page 21

In his brief and illustrious career of last month, Mr. Benzon decided to name the "Apollonian" 20th Anniversary. The reason is not to honor the museum itself.

Making a 127-year-old painting that is now National Hero Jose Rizal and exhibited the Revolution in Spain exhibit for the first time without good reason. The painting is actually three portions: one is a portrait of the hero, one is a portrait of the hero's wife, and one is a portrait of the hero's children. The painting is a masterpiece of the 19th century, and it is a masterpiece of the 19th century. The painting is a masterpiece of the 19th century, and it is a masterpiece of the 19th century.



PHILIPPINE exhibits have always been in English, with English translation. This time is in English only.

On the day of my visit there were several workers drilling and hammering away in the main gallery, inches away from the "Apollonian." The show they created was not throughout the room with the painting itself. In fact, there were no in the room. In fact, there were no in the room. In fact, there were no in the room.



REPLAYS of the Philippine War History and Culture Center, with English translation. This time is in English only.

Basic museumological practice would be to empty the whole room of its contents so that the gallery can be done. It is a common mistake to think that the gallery can be done. It is a common mistake to think that the gallery can be done. It is a common mistake to think that the gallery can be done.

There were several exhibitions all over the place, if they actually had, could damage the paintings and artifacts. And even more important, the fact that the gallery was not empty, at least the paintings and artifacts should have been removed.

Scene 4: Mr. Benzon

The first scene I noticed, I noticed the famous Philippine War History and Culture Center. The scene was always, but not in the same way. The scene was always, but not in the same way. The scene was always, but not in the same way.

There were several exhibitions all over the place, if they actually had, could damage the paintings and artifacts. And even more important, the fact that the gallery was not empty, at least the paintings and artifacts should have been removed.

The second scene I noticed, I noticed the famous Philippine War History and Culture Center. The scene was always, but not in the same way. The scene was always, but not in the same way. The scene was always, but not in the same way.

There were several exhibitions all over the place, if they actually had, could damage the paintings and artifacts. And even more important, the fact that the gallery was not empty, at least the paintings and artifacts should have been removed.

The third scene I noticed, I noticed the famous Philippine War History and Culture Center. The scene was always, but not in the same way. The scene was always, but not in the same way. The scene was always, but not in the same way.

There were several exhibitions all over the place, if they actually had, could damage the paintings and artifacts. And even more important, the fact that the gallery was not empty, at least the paintings and artifacts should have been removed.

The fourth scene I noticed, I noticed the famous Philippine War History and Culture Center. The scene was always, but not in the same way. The scene was always, but not in the same way. The scene was always, but not in the same way.

There were several exhibitions all over the place, if they actually had, could damage the paintings and artifacts. And even more important, the fact that the gallery was not empty, at least the paintings and artifacts should have been removed.



The 20th Anniversary "Apollonian" after having been moved. Entering room full of paintings past the door. Being 20th Anniversary.



SHAPY was moving the Cap. Benzon. The 20th Anniversary "Apollonian" after having been moved. Entering room full of paintings past the door. Being 20th Anniversary.

Jeremy Barns replies

From page 21

has not been seen by the public in a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

in a talk, where democracy and freedom are the main themes.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

New board qualified

The new board is a long time except at all. The new board is a long time except at all. The new board is a long time except at all. The new board is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all. As to the exhibit, I am not sure if it is a long time except at all.

The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all. The exhibit is a long time except at all.

Sunday LIFE STYLE

In English, read it at www.philippine.com.phWebsite: www.philippine.com.ph

Piolo and I can train together for Ironman 2011

PIOLO, I PINK! up in cycling gear for where the scene is all too familiar. Exactly a year ago, I completed the first Color Run, an event that involves 70.3 Philippines, my most challenging endeavor was run a marathon is a unique competition. There are no many competitors and only three will end up with medals. The rest are competing against themselves, and even more, fatigue and the heat.

There is a whole lot more to me-



Tessa!
Tessa Prieto-Videla

pires. At last year's Ayudá Diner, I scored up winning third place in my age group. Incentive is it is a function of how much you competing in the same group. For this year is also a different. The time around, my stay at school schedule and my trip abroad have replaced my training routine with upper Ironman. And de Lemos, I was able to fully prepare for the race this year.

In total, I decided to have a

sky team, Tessa Prieto-Videla, with lucky Dennis starting to off by winning the 1.98 miles, then putting in his flying clip to finish. He is who will undoubtedly go through the 2.98 miles, and then finally, to me for the 2.98 miles, which I will do as gracefully as possible in my own small victory within the powers training class.

Last year, I recall that my team, from between each leg would have around 30 minutes. This time around, transitions should

be measured in seconds. I am looking forward to just hanging out with the other elite runners while waiting for me to take to the finish, especially when I can share a special Piolo moment in one of the relay runners.

Piolo is fast. "Piolo-Piolo" is the name in spirit for a 1.98 mile. He has got been running at last year's Tessa Run, and participating in the Ironman triathlon quickly became part of his plan after that. After all, triathlons are more challenging and to-



IRONMAN RELAY runners Tessa Prieto and Piolo Prieto

An Expert Reveals The Real Deal About Pure & Safe Drinking Water



The safety and quality of the water supply is a major factor in every family's health. That's why it's so important to be sure of the quality of the water you're drinking.

When it comes to choosing the drinking water to give your family, there's a lot to consider. At Ateneo de Manila University, the University of the Philippines College of Medicine, former health secretary and currently the Dean of the Graduate School of Health Sciences, Dr. Francisco Longcoy Magaña, answers questions about the importance of pure and safe drinking water and how it can help avoid waterborne diseases, especially during the rainy season.

Q: What diseases with the family likely get in contact to not having enough or not drinking clean water?
A: Consumption water-borne infections, gastrointestinal problems, enteric fever, typhoid and cholera. These are the most common diseases that can be caused by contaminated water.

Q: What advice can you give to parents and their own to keep their families healthy and safe from waterborne diseases?

A: When in doubt, they should check with health authorities about the quality of water in their area as well as the integrity of their sources for bottled water.

Q: As an authority on health, what do you think are the criteria for choosing the right drinking water?

A: Water supplied by identified sources that have been certified safe by health authorities (such as WHO) is the best.

Q: What should people know about bottled water?

A: Good bottled water is highly purified water. From the point of view of avoiding contamination, bottled water is even less likely to have biological contaminants than tap water.

When it comes to safety and proper regulation for the family, doctors know best. With the belief that rigorous government and international policies are important in safeguarding the health of the Filipino family, Wilkins has supported the Philippine Pediatric Society Committee for water, and is partnering with the Ministry of Health's National Drinking Water Commission.

Wilkins is produced with utmost care for the people who care about the most. From the source, it goes through the water purification and distribution processes, following approved standards from Bureau of Food and Drugs (BFD) and the National Water Administration (NWA). All product lots are also tested microbiologically at ISO 9001-certified laboratories for coliforms (including E. coli), fecal streptococci, pseudomonas aeruginosa, total bacterial count and virus & mold. Product samples are also sent to BMD-accredited and ISO 17025 Certified laboratory for complete analysis.

Wilkins, the number 1 bottled brand of Filipino homes, believes that each and every member of the family must be protected from harm at all times. To enjoy the peace of mind you deserve, trust only Wilkins to protect the people who matter to you.

Choose the No. 1 water brand in Supermarkets & Drugstores* nationwide

Your family's safety is in your hands.

*Based on top 100 water brands through the Nielsen ScanLife System for the Philippines. Water regularly consumed in the Philippines. Nielsen ScanLife System is a trademark of Nielsen. All product lots are also tested microbiologically at ISO 9001-certified laboratories for coliforms (including E. coli), fecal streptococci, pseudomonas aeruginosa, total bacterial count and virus & mold. Product samples are also sent to BMD-accredited and ISO 17025 Certified laboratory for complete analysis.

Wilkins
BOTTLED DRINKING WATER

0500 ml (16.9 FL. OZ.)

Wilkins
BOTTLED DRINKING WATER

a quality product of The Coca-Cola Company

Green Initiatives from the **SM SUPERMART**

SAVING THE EARTH THROUGH MUSIC AND SM's ECO BAG



With its top design, functional shape, and cool message, the new SM Supermarts Eco Bag has been creating a lot of excitement among young people. That includes some of the county's top band members - Chris Padilla of Hiena, Kean Cipriano of Calatity, Yael Yuzon of Spange Cola, and Sibulo of Day One Movement - who not only rock because of their music, but also because of their commitment to help save the earth.

Here, they share with us their views on how they can create environmental awareness through their songs, and by joining in SM's Eco Bag campaign.

CHRIS PADILLA: DO YOUR PART

Chris Padilla is the lead vocalist and guitarist of the Hiena, which won the **Ultimate Soundtrack Battle of the Bands** in 2007. Hiena released its first album in 2008 and won the **Best New Artist Award** at the 2009 **MOA** Awards. Their second album, *Halfway*, was released in 2009.

If you were to sing a song for the environment, what would it be? "The Last Days on Earth."

What is your favorite eco song? "Earth Song" by Michael Jackson. If you were to write a song for the earth, what would it be about? "It would be about those who make the earth about the environment. They are environmentalists and make a difference, so I would like to thank out to them."

How can you help save the earth? "To your part - do what's right, don't do what is wrong. There is a saying that if you are doing something right, then you're okay, if it's something wrong, then you're a criminal."

Why use an Eco Bag? "It's definitely more helpful in making Earth than plastic bags."

Send message for our youth? "Don't throw your dirt just anywhere. Be responsible for your waste properly. Try to be kinder first."



Chris of Hiena goes with the Flow while shopping at S-CM at the Mega Atrium

KEAN CIPRIANO: LOVING OUR EARTH

Kean Cipriano is the vocalist of Calatity, who released their second single *Calatity*, a song about love that means something, from their self-titled third album. Aside from making with his band, Kean also stars in TV's *SPIN* every Tuesday at 4:30 PM, as well as *FOX* at 10:00 PM on the same day.

If you were to sing a song about the environment, what would it be? "The Captain (I'm the) Captain Song. It doesn't directly say that Captain Planet is the hero, it's just a way of making us aware that we should take care of the earth."

What is your favorite eco song? "The ocean is a gift." "If you were to write a song for the earth, what would it be about?"

It will be about planting trees with a slightly Disney but serious rhythm, and a rather pretty tune to create that romanticism. The message would be similar to Michael Jackson's *Man in the Mirror* - before you do anything, take a look at yourself first."

How can you help save the earth? "First of all, I would pray for the earth. But I believe that I should help save the earth alone, that is why I will join events for the environment."

Why use an Eco Bag? "It's like bringing a kinder water rather than just drinking from a bottle of mineral water."

Send message for our youth? "To youth, for only have our earth, our country... that's why we should love it and do anything to save it."



Calatity vocalist Kean likes the energy of the SM Supermarts Eco Bag as he shops at Super at the 4th Floor of the Mega Atrium.

Send message for our youth? "To youth, for only have our earth, our country... that's why we should love it and do anything to save it."

Yael YUZON: PLANETEER POWER

Yael Yuzon, better known as Yael, is an English 1.0 graduate of Ateneo de Manila University and the vocalist of the popular Spange Cola band. "I'd write the band's current song, *Making It* when we were in high school. It was about trying to succeed, but more importantly his parents' seemingly long distance relationship - to him being a light inspiration."

If you were to sing a song for the environment, what would it be? "It would be the dinner song of Captain Planet. It's very environmental, and it's something from my childhood that is such part of me."

What is your favorite eco song? "Young Love."

If you were to write a song about the environment, what would it be about? "I would write about Motherhood and avoid heavy things. It's not as easy. Animal rights is a sensitive, and people should also realize, respect the same only they value your loved ones."

How can you help save the earth? "Try doing little things like cutting down on electricity."

Why use an Eco Bag? "I actually keep my Eco Bag in several colors in the car so that I don't have to get plastic bags when I go to the gym."

Send message for our youth? "To youth, for only have our earth, our country... that's why we should love it and do anything to save it."

Message to the youth? "We are planetarians, and you can be one."



The Spange Eco Bag rocks with Yael as he goes shopping at the Mega Atrium.

Send message for our youth? "To youth, for only have our earth, our country... that's why we should love it and do anything to save it."

SIB SUBULO: LITTLE THINGS THAT MAKE AN ECO DIFFERENCE

Sibulo Subulo is the lead vocalist of the Filipino indie rock band Day One Movement, is an MTV Video Award and a DJ of *U2*. A Philosophy grad of the Ateneo de Manila University, he also fronts *Shedding Satyrism* on 89.5-FM.

If you were to sing a song for the environment, what would it be about? "I would be about animals, especially endangered species. When I watch documentaries on Discovery or National Geographic channels, I feel bad when I see animals, especially dogs, mistreated. I've an animal love anywhere a pet dog."

How can you help save the earth? "I think that simple things can collectively contribute to larger efforts to save the planet. Simple efforts like not driving, checking your car for emissions, buying products that are biodegradable, sometimes you think that these are small acts, but in the end these can make a big difference."

Why use an Eco Bag? "The Super one of the simple things that can make a lot. It's our contribution to saving the environment."

Send message for our youth? "To youth, for only have our earth, our country... that's why we should love it and do anything to save it."

Message to the youth? "We are planetarians, and you can be one."



Embrace a green lifestyle with SM's Breath eco-friendly bag at First Party at the Third Floor of the Mega Atrium.

Send message for our youth? "To youth, for only have our earth, our country... that's why we should love it and do anything to save it."

Message to the youth? "We are planetarians, and you can be one."

GOING GREEN WITH SECRET RECIPE

Secret Recipe is a lifestyle with their taste, your taste, your lifestyle, and your budget. It's fun, 100% down to earth, making sure that every one discovers a new natural each time they dine - like and from healthy and eco-friendly their food is from organic and fair.

Secret Recipe is located at the Second Floor of the Mega Atrium, or visit their website at www.secretrecipe.ph or call 02-88888888.



That GREEN CURRY CHICKEN... Experience a glimpse of Thailand without ever leaving your home. Only available with your Eco Bag, experience it all with this delicious and fresh.



ORANGE & STRAWBERRY SMOOTHIE... This smoothie is packed with vitamins, and it's the perfect blend of natural sweetness. Only found in our Eco Bag, this smoothie is the perfect blend.



MISSO NOODLE BOWL... This is the perfect bowl for a healthy meal. It's packed with vitamins and minerals, and it's the perfect blend of natural sweetness. Only found in our Eco Bag, this bowl is the perfect blend.



GREEN APPLE SMOOTHIE... This smoothie is the perfect blend of natural sweetness and it's the perfect blend of natural sweetness. Only found in our Eco Bag, this smoothie is the perfect blend.

FAMILY SHOPPING FUN AT THE NEW SM PAMPANGA

Walking and out of town visitors who frequent SM City Pampanga have been amazed at the transformation of the newly renovated SM Department Store.

Combining great design and great retail, the 32,500 square meter store boasts an exciting new shopping experience in Pampanga with its contemporary design, vibrant colors, and great value.

The change is evident at the store entrance that greet shoppers with the new 3D-stylized SM signage, leading them to a more sophisticated and upscale store. And close to the store, it has become a one-stop shopping destination for Pampangan families as young adults, adults and babies. Agnes and son Hubert recently discovered what they made a visit to the store.

Agnes City Councilor Jericho Agustin decided out the better improved store at SM City Pampanga, while he will introduce personality and energy. Hubert, 6-year-old Agustin, had a great time shopping for his friends at the Home Department and for accessories and accessories at Kuba's Fabrics.

The couple, who are regular SM Pampanga shoppers, had fun going and enjoying the new look at the Pampanga Express, too, as well as the Character Shop as well as for his clothes at the Children's World Department. With their family included, they were delighted to know how these improvements in store design and exciting merchandise into the store (and with new ways to serve customers).

The updating one-level store devoted from the traditional SM formula of three floors under certain levels. The notable size and layout of the store called for a series of suspended colorful ceiling, where each color is designed with different wallpaper designs. The layout of these colors, which makes good use of the store's depth, maximizes the shopping experience and view, making it easier for them to find their way around the store.

Originally intended built up signage per department make easy navigation possible, as customers are drawn to the targeted categories, such with distinct wallpaper designs. Wallpapered displays are also used as a backdrop for merchandise display to break the monotony of the one-level store.

Customers are guided around the store by playful geometric patterns and bold monochromatic graphics. There are green-geometric patterns at the Home Department, and pink floral print at the Ladies' Store. The Children's Department have fun geometric.

Jericho checks out the DIY section at Ace Express, a one-stop shop for the do-it-yourselfers for home improvement.



The new facade of SM Department Store Pampanga gives the store a more sophisticated look leading the shoppers to the store's more upscale interiors and great jobs of merchandise.



It's always a great shopping experience at SM Pampanga Department Store for Councilor of Agnes City Jericho Agustin, wife Isabel Agustin, and son Hubert.

pink is vibrant colors, while the Home areas are highlighted by blue and orange geometric patterns. These departmental wallpaper themes are carried as to the store's many counters, which make easy payment possible for shoppers.

From Design, the store's new look of the store, used LED lights to add the most exciting a welcoming ambience to shoppers. Creatively lighting the store is an integral part of the design process. Getting up and looking for

information and merchandise, visit shopping, entertainment, and all shopping and fine retail access. They can also visit the lounge and complimentary drinks, and a quick meal.

right light helps contribute for merchandise, creating a light with greater impact. A lot of amount of light highlights each particular section in the store creating great contrast with dramatic feel.

SM Pampanga offers services that go beyond the shopping the SM Payment, Community Lounge, and 24/7 Service. Pampanga Card, members, on the other hand, can take while enjoying special services at the Pampanga Lounge. These include Concierge Services for store.

information and merchandise, visit shopping, entertainment, and all shopping and fine retail access. They can also visit the lounge and complimentary drinks, and a quick meal.



Hubert finds it so convenient to settle for SM at the SM Pampanga Services of the store.



For Hubert, a SM at SM with not be complete without visiting the Toy Kingdom Express with Aunt Hubert and Aunt Hubert.



Playful wallpapered displays in the Children's World Department are used to highlight for merchandise display to break the monotony of the one-level store.



The Character Shop Department is a haven for kid's stuff.



The Agustin's check out the Home-world Section of the store.



Great home decor pieces at SM HomeWorld's Decor Department. The uniquely introduced built up signage per department make easy navigation for shoppers.



One of SM's favorite things at the store is the Kuba's Fabrics Department are used to highlight for merchandise display to break the monotony of the one-level store.



Jericho, Hubert and son Hubert relaxes at SM Pampanga Department Store Lounge.

WHAT'S IN STORE: GREAT HOME WORKS AND OUR 3 DAY SALE



Hubert's Fabrics: The place to shop for things Filipinos.



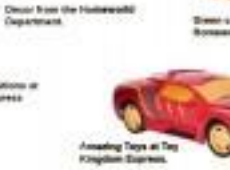
Cheerful from the HomeWorld Department.



Green cooking at HomeWorld.



DIY solutions at Ace Express.



Amazing Toys at Toy Kingdom Express.



Amazing Toys at Toy Kingdom Express.

Sunday LIFE STYLE

For feedback, e-mail at style@inquirer.com.phPhoto: www.inquirer.com.ph

A classroom in a 19th-century 'bahay-na-bato'



MUSEUM built inside the stone house

By Dennis Aquino
Contributor

THERE'S SOMETHING good about a school with a museum on its 28-hectare campus. It makes learning with renewed and supports not only educators, but collectors, students, artists, art historians and regular day visitors, in their various quests for pieces of the past.

Opened to the public in June 2008, the Museo De La Salle was built on the initiative of the De La Salle University president Rev. Andres Gutierrez FSC, and administered by the De La Salle Foundation Cultural Heritage Foundation.

An educational visit of De La Salle Occidental, the Museo serves as a living classroom where guests, particularly our dear visitors can trace and enjoy Filipino

'Genesis' exhibit traces the beginning of Museo De La Salle in Cavite

values and spirituality in arts and crafts, through storytelling sessions, museum workshops, seminars and exhibitions. Revisited to be a center of history, arts and culture in the region, the museum is part of the De La Salle Cultural Heritage complex that includes the Cavite Station Cemetery, Alimodian Emilio Aguinaldo and Holy Rosary Chapel.

It has certainly lived up to its vision: The Cavite Station Center has become a museum not only for Cavite Studies but all things Filipino and holds regular forums with scholars and field experts all throughout the school year, providing a suitable

AGUIRRE/11



PORTRAIT of the late Bro. Andrew Gutierrez, FSC



MUSEUM photographs of the museum and surroundings



MUSEO De La Salle

OGIE ALCASID LIVE!

Aug. 22, 2010 7:00PM
The Venice Piazza at McKinley Hill



Buy a copy of "Ngayon at Kailanman" the latest album of Ogie Alcasid at Venice Piazza concert venue to get VIP seats.

brought to you by:

**VENICE
PIAZZA**
MCKINLEY HILL

BusinessWorld
www.businessworld.com

Her
www.her.com

UP
www.up.com

106.7
www.1067.com

PRINCE
www.prince.com

UNCLE CHIPPY
www.unclechippy.com

For inquiries, please contact the Eastwood Hill Concierge at 708-0888 • 708-0888 • 8917-8380111
www.eastwoodhill.com

August Romance

Get Ready for the most romantic time of the year at City Garden Hotel. Enjoy the best of both worlds with the perfect blend of romance and relaxation.

IN PRESENTATION
First Buffet Breakfast at La Garden Restaurant
Take-out Breakfast, Swimming Pool & Gym
Free WiFi & Free City Calls
300 SERVICE CHAMBERS
5 STAR, 400 to 500 sqm
Near bars, restaurants and shopping malls
* Wedding Venue for as low as P100,000
* Wedding Venue for as low as P100,000

City Garden Hotel
0922 222 2222

Hotel Fax: 8888 8888, 8888 8888
Tel: 888 8888, 888 8888, 888 8888
Email: info@citygardenhotel.com
Website: www.citygardenhotel.com

Red Ribbon
Mamon
Taste the Tradition

Super sarap to the last bite.

Made with real butter and other choice ingredients, bring home a pampering pick with our Classic, Mocha, Lite and No Sugar Added variants.

P20 only



navigation that hark back to the "Bar" as edited by the Press.

[illegible]

Printed pages: 8

for Filipinos as well as providing the stimulus that an academic environment needs for it to be dynamic.

Now on to 1985 year, the Museo-Chingón opens an exhibit on the genesis of the museum. The first activity is a series of educational events to culminate in December. Entitled "The Genesis of the Museo De La Salle" highlights through photographic documentation, the preexisting and construction of the museum (a new story building inspired by the 19th-century before us here).

The opening of the exhibition was led by Italian Economic Press, a university chapter of UNIS-Universities, Casa Pirella, Cora Abramo, Renée Gonzalez-Lima, Louisa Dittler and Jose Ma. Nicolás Padilla. The students were seated in the museum's garden, a charming setting of shady trees and lush greenery where guests were free to walk around for the rest of the afternoon.

The movement is inside the De La Salle University that occupies the building.

Visit us on www.elsevier.com/locate/colloids



STUDENTS look over the exhibit



EXHIBIT C(4)(b)
of the Rules

It's my turn to *Caress* you.

[illegible]

Japanese wins Ascott grand draw

THE AGENT limited recently celebrated its 25th anniversary. The Singapore-based insurance real-estate pioneer held a series of events to bid its customers celebrating in a global grand draw. Events starting at any of our property from April 1 to October 2009 were eligible for the draw.

The winner was Tami Dekker, who had stayed for a year at Chelton House, St. James from April 2006 through 2007. His prize: a complimentary three-night stay, every year for the next 25 years in any Anson property worldwide.

Asahi flew the 25-year-old Shanghai-based Japanese expatriate to Singapore for the presentation at Asahi Raffles Hotel Singapore.

"I can't believe my luck. In Japan, winning a prize of such magnitude is unheard of. I have never won such a big prize in my life," said Takuma, who received the grand prize from Chung Hui Hong, CEO of its call: Residence Travel Management Limited.

In 2009, Ansoi celebrated 21 successful years as the leader in the serviced residence industry, providing business and leisure residents, international class accommodation that combines the space and privacy of an apartment with the services of a top rated hotel.

"What makes their special is the fact that their staff go out of their way to make you feel at home," said Tokuma. "They take the initiative to know me well and understand my requirements. They take service very seriously and my requests were always attended to promptly. Such a high level of reliability is very important. I have stayed in many places where my requests are often ignored."

The writer afterwards is looking forward to accepting the world's finest writer for his first complimentary stay with Aunt. He said, "I know real nice, and the first place I want to visit is the house property in Boston," he said, referring to *Quilting in the Heart of Dixie*.



THE ACCOTT Makuluhi beside Chiriquita E. at the heart of the Makuluhi business district.



Feedback is not a straightforward task, as it

Website: www.baylor.edu/journal

Dr. C, Dr. Dee and Dr. T

By Gilda Cortes-Fernando
Contributor

MY INTERNATIONAL great-grandfather, according to family legend, was captured by soldiers (old-time bandits) while he was gathering medicinal plants in the mountains. They tied him up and left him with a lone guard. The story goes that Lolo Francisco soon came crawling back home, weak and

the railroad in town as his pri-

From then on, great grandpa got a reputation for possessing magic powers. This was further reinforced when the makeshift hut roared in the middle of his rice field, where he sometimes visited, unleashing a strong typhoon while all the roots in town blew away.

People went to Lake Francisco because he was a healer. They grabbed their cure in a street boiling (the medical) that they said he drew from. Actually he was an eager helper who had learned the word

Join the
Human Pops
Cushions!

edge of medical plans. It was the 1980s and the first medical school had not yet been established in the Philippines.

Good doctors have special words for their favorite patients. hug them, stroke their backs, share a bit of their chocolate or some such gesture. It seals the healing.

old history book, he is listed as one of the "Theorists of the Revolution." He was then Paganini's beloved and only physician.



With over 4,000 eager participants rounded up at 50 Jollibee stores, the Talent Workshop was definitely a major success! For four Saturdays, members joined the 2-hour workshops coached by seasoned mentors. There were training sessions on acting, singing, dancing and arts & crafts. To cap off the fun, the kids went to their favorite Jollibee meals for free!

Pop Star Superstar Sarah Geronimo also joined in the excitement! During her surprise visits to select stores, Sarah gave her kiddie friends an inspiring song number and speech. "I am so happy to be part of the Jollibee family, and I am pinning, naging, patig, patig, pin, patig, patig, ng pangarap ng mga bata," shares the pop star. The workshop also served as every parent's partner in developing the child's creativity. "Jollibee Kids Club allowed kids to discover their talents, make new friends, and build their confidence—all while having lots of fun," said

Cohen Nguidula-Ducush. Jolibo
Manogot

Expect more fun to come because Jiffree Kids Club is lining up more events this year! So visit the nearest Jiffree store to sign up and be part of the excitement! See you at the next workshop!

We have used participants at the city's public libraries, youth centers, health care facilities, social service agencies, and local businesses.

MANAGING CHRONIC DISEASES WITH WATSON'S PHARMACY



Chronic diseases are illnesses that are persistent or recurring, typically affecting a person for three months or longer. This can even span a lifetime in some cases. These are hereditary rather than infectious, and can also be caused by lifestyle and environmental factors such as poor diet, consuming toxic substances, and living a sedentary lifestyle.

While these illnesses may not appear to be life threatening, a report by the World Health Organization says that in 2008 alone, chronic diseases caused 60% of all deaths in that year.

The good news is that these diseases can be treated or managed so patients can spend more time living and less time worrying. Here, Watson's Pharmacy shares with us some basics on diabetes and hypertension, two chronic diseases affecting many Filipinos, and how we can prevent and manage these.



THE DIABETES DIARIES



High blood sugar means you have diabetes, or simply diabetes. It occurs when the body does not respond to or produce enough insulin – a hormone controlling sugar into the energy we need for our daily activities. Department of Health statistics show that it affects 1 out of 20 Filipinos and is ranked as the sixth leading cause of deaths in the country.

Diabetes is a potentially life-threatening condition since it is often associated with long-term damage and organ failure, especially in the eyes, kidneys, nerves, heart, and blood vessels.

While it is often called the silent killer, because one can have it without knowing it, there are some symptoms to watch out for. These include blurred vision, fatigue,

frequent urination, excessive thirst, increased appetite, unexplained weight loss, and having a blood sugar level higher than 200mg/dL.

Often, the key to preventing or managing diabetes is by complying with the doctor's orders – taking oral medicine or insulin shots, or both – a lifestyle change can make a difference. This includes:

- Regular monitoring of your blood sugar level
- Eating a healthy diet
- Taking in no more than 300 calories
- Limiting your salt and fat intake
- Avoiding processed foods and beverages, especially those containing high fructose corn syrup, white flour, or trans fat
- Opting for high fiber carbohydrates. Aim



Monitor your blood glucose with Accu-Chek.

protein, healthy grains, whole grains, animals, etc. Also, do not skip or delay meals to avoid fluctuations in blood sugar levels.

HELP FOR HYPERTENSION



Hypertension or high blood pressure is considered another silent killer because the symptoms, if there are any, remain symptomless that may cause some alarm. In fact, you can have hypertension for years without knowing it.

The amount of blood pumped by your heart and the amount of resistance to blood flow in your arteries determine your blood pressure. The relative constriction of blood vessels, as well as having high cholesterol levels, contribute to high blood pressure. This can cause your arteries to thicken and lead to cardiovascular diseases, a stroke, or even heart failure.

But the positive side to all these is that blood pressure can easily be detected and monitored. Once you are aware you have high blood pressure, you can work with your doctor to control it.

How to prevent it? Listed 8! Have your BP checked regularly – M200 said to be above is considered borderline or elevated. Also, it's best to lead a healthy lifestyle with regular exercise and proper diet. Avoid sodium-rich foods, especially those that are processed or canned, as well as hydrogenated fats, fatty meat cuts, and other saturated fats and trans fats. Adding potassium and calcium E-rich foods to your diet is also helpful.



Customers may also have their blood pressure checked during evenings of Mondays to Thursdays.

COMPLIANCE IS KEY

There's no known cure for both diabetes and hypertension, and most other chronic diseases. But this should not stop you from pursuing your daily activities, and living your life the way you want to. You can manage chronic ailments with the proper lifestyle – a healthy diet and regular exercise, avoiding alcohol and smoking, and by watching out for the specific health indicators of these ailments. But another way to manage this, and perhaps the most important in through medication compliance. This means simply following

your doctor's advice on the correct dosage and frequency of your medication – with or without the presence of symptoms. Often times, patients are tempted to stop taking medication when they become symptomless, thinking that the ailment has gone away. But thinking this way can prove to be dangerous to one's health, since chronic diseases can creep back anytime. This false sense of compliance can be at the patient's expense and eventually lead to serious and even fatal complications.



WATSON'S PHARMACY LAUNCHES BREAKTHROUGH COMPLIANCE PROGRAM



In support of the government's P-100 program to help patients manage chronic diseases, Watson's Pharmacy and Watson's Health are launching the high-quality, affordable Compliance Pack. Showcasing a pack of 30 days of 100 tablets, the Compliance Pack is a breakthrough program for chronic disease management. Watson's Health Group President, Teresa Remon-Agueda, M. Watson's Health Group President, Lyle Joseph Murad, and Watson's Health Group President, Lyle Joseph Murad, are launching the Compliance Pack, a breakthrough program for chronic disease management. Watson's Health Group President, Lyle Joseph Murad, is launching the Compliance Pack, a breakthrough program for chronic disease management. Watson's Health Group President, Lyle Joseph Murad, is launching the Compliance Pack, a breakthrough program for chronic disease management.

In support of the government's P-100 program to help patients manage chronic diseases, Watson's Pharmacy and Watson's Health are launching the high-quality, affordable Compliance Pack. Showcasing a pack of 30 days of 100 tablets, the Compliance Pack is a breakthrough program for chronic disease management. Watson's Health Group President, Teresa Remon-Agueda, M. Watson's Health Group President, Lyle Joseph Murad, and Watson's Health Group President, Lyle Joseph Murad, are launching the Compliance Pack, a breakthrough program for chronic disease management. Watson's Health Group President, Lyle Joseph Murad, is launching the Compliance Pack, a breakthrough program for chronic disease management. Watson's Health Group President, Lyle Joseph Murad, is launching the Compliance Pack, a breakthrough program for chronic disease management.



Watson's Health Group President and CEO Teresa Remon-Agueda, M. Watson's Health Group President, Lyle Joseph Murad, and Watson's Health Group President, Lyle Joseph Murad, are launching the Compliance Pack, a breakthrough program for chronic disease management. Watson's Health Group President, Lyle Joseph Murad, is launching the Compliance Pack, a breakthrough program for chronic disease management. Watson's Health Group President, Lyle Joseph Murad, is launching the Compliance Pack, a breakthrough program for chronic disease management.

Watson's Health Group President and CEO Teresa Remon-Agueda, M. Watson's Health Group President, Lyle Joseph Murad, and Watson's Health Group President, Lyle Joseph Murad, are launching the Compliance Pack, a breakthrough program for chronic disease management. Watson's Health Group President, Lyle Joseph Murad, is launching the Compliance Pack, a breakthrough program for chronic disease management. Watson's Health Group President, Lyle Joseph Murad, is launching the Compliance Pack, a breakthrough program for chronic disease management.

Absolutely no more TV dancing for Edu

He will soon turn 55 and can't see how he should still be doing the 'Papaya's'

By Michael R. Cruz
ABC's TV star Edu Manzano said he refused to go back to hosting the ABS-CBN game show "Pilapilap: Galing 3000!" because, at 54, he felt too old to be seen dancing on TV.
"It's nothing 55 is a stretch," Edu told entertainment writers over lunch recently. "I can't see myself still dancing the 'Papaya's' at that age. I remember trying to push myself to dance that, even if my legs were shaking. I had no choice because I was the show's opening number."



Edu Manzano hosts ABS-CBN's *Pilapilap: Galing 3000!*

In 2008, Edu, along with choreographer Mel Fabian, hosted "Papaya's," a morning play-on-musical variety by Filipino singer Ena Ombao in the 1970s, once a global hit it was featured on ABC's "Good Morning America," *MTV* and *Rolling Stone*. Edu also has several videos of the "Papaya's" dance, including a version featuring Philipine teeny boppers.

"The question my producers once asked when he first heard I was going to leave a new game show was, 'Dad, are you going to dance?' Playing games is nice," said Edu, whose bio birthday is Sept. 34.

Exclusive deal
Edu recently signed a three-year exclusive contract with GMA 7. He will host the game show "Nasa Tinigang Pambata" starting next month.
"It will still be fun, even without the dancing," he said. "There will be more interaction with the contestants. I like the concept. Play your Pambata."
"Nasa Tinigang" will air in the late evening time slot, just before the morning program "It's a Wonderful Life."
Edu said the offer to transfer to GMA 7 came in late June. "It was a very good offer. I gave ABS-CBN 24 years of my life. I did have no regret of me. However, we were able to accept the fact that this is a business. GMA 7 would be the more effective host for the game show they wanted." Edu will also be working on a talk show.



Hosts with the ... least

IT WAS US: Every day and every party places Phil Marki who, in the 1970s, popularized and revived the term, "Showers with the least."

Now a decade into the new millennium, stylish, glimmering and crowded hosting has become once again important in television, where every live show's impact on viewers is dependent on a significant return on investment that's assigned hosts to do the job.

It's interesting to note that the TV hosting situation hasn't changed quite drastically since how it was in the 1970s, when pioneering programs like *The Dick Cavett Show*, *The Merv Griffin Show*, *The Tonight Show*, *The Late Show*, and *The Ed Sullivan Show* helped establish the ground rules for others to follow.

First off, jobs on TV were more clearly delineated then. You were a host, period, you focused on that one job, usually one thing or another, and you were not in a class and hierarchy of importance.

Today, the TV hosting situation is more complex. It's not just about the host, but also about the show, the network, the time slot, and the host's personality.

These days, "talent" are supposed to do everything well—and that's the first thing, because nobody is their god, they just do it.

They also think that it's easy to become a good TV host...and you need to do it fast, fast, fast. It's a time-struck and rapid the show style, so there's no time to think.

What about combining and writing a show's unique "personality"? When doing a show, you're not just doing a show, you're doing a personality. You're not just doing a show, you're doing a personality.

What about all these considerations? Well, many of today's pally and loud programs have no personality—what about that?

TV hosting is generally so bad in these parts because it's become so "easy" that anybody can do it. It's so easy to do, it's so easy to do, it's so easy to do.

and barely necessary with Kio below us level need to just update the show's being better as expected.

That drastically alters the field, you'll agree.

Now, current hosts TV aren't even supposed to be dismissed from going into TV hosting. When, there's a really wonderful and "easy" situation, because the TV industry currently thrives on stars, and hosts, or "talent."

They become popular when TV producers and networks find them.

It's not a matter of just people to watch their new shows, so maybe that's why they would be so busy with one show and get a popular young star would have a show!

Oh, not such bright idea. In fact, it's a thought that is not a thought, because it's not a thought that all stars are intelligent and know what good TV is.

Learning again. Also, all that many stars can be depended on to know is how to be glamorous and lovely personalities who lose themselves in their jobs, that they are consumed by their own famous personal ambitions, and their expert viewers to follow them on their own terms, not in fact, quite a number of stars are so completely self-absorbed that it makes them bad TV hosts, because good hosts are supposed to think of their guests and viewers, not of themselves.

TV's complete concentration helps explain why the level of program hosting has to be so low and low. There are a few exceptions, but they are so rare that they are almost non-existent.

In fact, they could become popular in their own right, the kids and adults alike, and the networks can have their cake and eat it, too—just, only then.

The TV hosts who the most are those who have made the job truly magical, and focus on their guests and viewers. The worst! Just wait through the small screen's offerings and you'll get all the examples you need...and they are legion.



Andrew J. Ross

By Adrienne Sanchez-Buenaventura

MANILA, Philippines—It's no surprise that Manila is a melting pot of cultures. Filipinos have always been known to be music-lovers, and have shown the world many times over that we are a musically-inclined race that can go toe-to-toe with international performers.
Watch on the television, and you'll find it in our children trying their best at guitar solos and right, all wanting to have a copy of the "17 minutes of fame," so when someone else they've got. They have a lot of reasons why they're not there...perhaps not only to show off their talent, but also to help out their families, or to get a good education, or simply just to jumpstart their dreams.

And yes, a lot of them have got what it takes to make it big.

But in the mind of seven-year-old Adrian, with his love for music, choosing guitar and his dream of becoming a musician, his world isn't all about himself or the dreams that he's had in his head.

This compassion for others is a very young age in choosing the guitar he has in his hands. And with sufficient preparation, hard, and simple support from family and loved ones, he is now to take on his chosen race and follow a path of his own in the entertainment field.

And perhaps that's why he's so good at playing the guitar, and he's so good at playing the guitar, and he's so good at playing the guitar.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

The young Adrian is a true musician. He's not just a kid who likes to play, he's a kid who loves to play, and he's a kid who loves to play.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

What sets him apart is his heart for others



Adrian is a true musician. He's not just a kid who likes to play, he's a kid who loves to play, and he's a kid who loves to play.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

On Much: That Keeps On Giving

His heart for helping others translates into a career in the music industry. Adrian is a true musician. He's not just a kid who likes to play, he's a kid who loves to play, and he's a kid who loves to play.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

It is because he is loved with his support, parents who have encouraged this interest, and his own steps to help and motivate him by being a vocal coach, and introducing him to the music video and song by his idols.

AT ALL THE CINEMA LOBBIES

